

# SPOKE

Conestoga College, Kitchener

MARCH 22, 1999

## What's Inside



Conestoga students and a staff member.



Conestoga students and a staff member.

PAGE 1

CONESTOGA  
Page 4

Sanctuary garbage  
problem ridiculous

## Sanctuary: a garbage dump?

By Jeanette Corwell

Large trash cans placed prominently in the lobby of the Sanctuary prevent Conestoga College students coming to see the lobby on March 11 and 12. The problem? Because of the garbage.

Sanctuary members of the Dean Student Association (DSA) visited the lobby to see if it was fit for students who come to know their own school. They saw that the lobby was not fit for students who come to know their own school. The DSA made a list of 100 reasons why the lobby is not fit for students.

DSA members of the lobby, said the DSA has been working to make the lobby a better place for students. They are now working to make the lobby a better place for students.

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"Unfortunately it is going to be the lobby."

There is a lot of garbage in the lobby. The DSA is currently working to make the lobby a better place for students. They said the lobby is not fit for students who come to know their own school.

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Sanctuary Page 1

## Nicholas surprised by computer

By Wayne Collins

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Nicholas said a lot of things have happened in his life, especially in Conestoga's life since 1991.

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# Broadcasting students lend a hand at Junos

By Julie van DenBerghe

Free broadcasting students spent part of their break week participating in the behind-the-scenes activities involved in producing the 1999 Juno Awards.

The students were alerted to the volunteer opportunity while preparing the new morning bulletin board located on the first floor.

Gradually thinking they would want to assist Juno for the production, which was broadcast from Capri Orlando on March 3, the students seized the opportunity and found their places in the production positions of the event.

Amanda Pank, a second-year broadcasting student, said she was pleasantly surprised with the change in her volunteer position.

"I'm so glad I was in my position to be a suit filler," she said. "I don't think any of us thought we would actually get to help with the show because we thought those jobs would have already been filled."

Patricia broadcasting student, Lisa Louise Cypko, said working at the Juno was one of the best times of her life.

"I met a lot of great people, made some contacts and got to experience what really goes on behind the scenes."

Kristen Forsythe, a second-year

broadcasting student, said although slightly intimidating for the first time out a one-day experience.

The students traveled to Hamilton on March 3 for a morning, March 4 and 5 for a rehearsal, and the day of the Juno Awards.

Students couldn't escape the fact that the experience required a lot of time in the students' past, but experience seemed grateful for the job.

"What the Club staff bring us while they really assist the crew help," she said. "The whole experience was really worthwhile because we actually got to assist professionals with a major production."

Amanda second-year student involved in the event, Karyn Coughlin, told the crew played with the exposure to the Canadian music industry that the Juno experience provided.

"A lot of people don't get the kind of experience," she said. "It was also great because we got to attend this event for instead of paying the \$200 everyone else did."

Shasta Oates, a second-year broadcasting student, said the experience taught her the importance.

"I can't wait to be a reporter," she said. "I thought we made a great team with the broadcasting club and some other students."



Balena Pank, second-year broadcasting student, takes a moment from her responsibilities at the Juno Awards to say hi to comedian Mike Bullard. (Photo by Julie van DenBerghe)

## Spring Formal

Tuesday, April 6, 1999

9:00 pm

Golf Steak House

Tickets \$5.00

Available at the DSA Office



## Golf tournament

### The fourth annual Classic

By Janet Nelson

George Lefebvre has an idea for his second golf tournament.

The 4th Classic Golf event will be held Aug. 11 at the golf course north of the campus.

The Classic is a fundraiser for the DSA, and the proceeds will be used to fund the DSA's programs on the campus.

Classic is a management course that provides golfers with an opportunity to learn about the DSA's programs and the DSA's role in the community.

The tournament is a fundraiser for the DSA, and the proceeds will be used to fund the DSA's programs on the campus.

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Bob Kozak of Kozak Advertising is the head judge in announcing winners at the event. "I want to thank all of the students who are participating in the Classic," Kozak said.

This year the Classic Golf event will feature Lisa Nelson, the club executive officer of the DSA, as the head judge.

Previous tournaments have been held by "Volvo" and "Golf Leagues."

There is a \$250 prize for the first place winner, a \$100 prize for the second place winner, a \$50 prize for the third place winner, and a \$25 prize for the fourth place winner.

Students and staff members are invited to the event. Tickets are \$25 per person, and the event is open to all students.

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# SWING INTO SPRING

## What's Happening With the DSA????

- ♣ BBQ
- ♣ Barter and Garage Sale
- ♣ Hoops for Heart 3 vs 3 Co-ed Basketball Tournament
- ♣ Movie Day
- ♣ Clown
- ♣ Magician
- ♣ Semi-Formal
- ♣ Awards Banquet

April 5th to April 9th

## Oscars are sad reflection of values

We'll  
Dance  
Love  
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John Lee Hancock

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## State of lounge shows disrespect of college students



John Lee Hancock

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## NCAA basketball season concludes with March madness

March is the  
month for  
madness  
Madness in  
the streets  
of the National  
Collegiate  
Athletic  
Association  
(NCAA)



John Lee Hancock

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## SPOKE Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.  
Editor: John Lee Hancock  
Managing Editor: John Lee Hancock  
Advertising Manager: John Lee Hancock  
Production Manager: John Lee Hancock  
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# How do you stay fit in the winter?



Angela Clayfield, first-year journalism student



Tracy Davies, second-year marketing student



Dave Barker, second-year marketing student



Jeff Brubaker, second-year marketing student



Jessica Swyers, second-year marketing student

By Elizabeth Swisher

Recently, researchers at the University of British Columbia conducted a study that found almost one-third of adults are at risk for diabetes, heart disease, high blood pressure and poor cholesterol levels this winter.

Researchers estimated being obese should be looked upon as a real health hazard and not just a fashion issue.

Obesity may seem like an older person's problem and a distant concern for college students, but the National Diabetes 12 is where it all begins.

The weight gain associated with winter clothes can be stopped by working what you eat and by increasing or maintaining activity.

One of the easiest ways to

beat the bulk of Christmas is a variety of activities and they will manage to get regular activity even during the winter.

"I am lucky in the sense that I try to do what I can," said Angela Clayfield, a first-year journalism student.

Quinn Kunkin, a second-year psychology student, said she could find a way to get some exercise even when the weather is unbearable.

"I jog around the university campus early," said Kunkin.

Tracy Davies, a second-year marketing student, takes refuge in the gym during the winter months.

"I go for hot towel walks," said Davies. "I go to a gym as well."

Angela Corio, a first-year psychology student, said she goes to the gym as well.

"I go to the YMCA in Guelph and Oshawa."

Jessica Swyers, a second-year marketing student, plays indoor sports during the winter.

"I play volleyball," she said. "It's like girl hockey without sticks and a net."

She develops back to the before the physical fitness during the winter. Jeff Brubaker, a second-year marketing student, enjoys indoor sports.

"High jump and low jump," said Brubaker.

Dave Barker, a second-year marketing student, said he is more of a casual kind of person.

"I don't do anything in the winter," said Barker. "In the summer I shoot hoops."

Robert Murphy, a first-year communications student who plans to be a marketing major during the winter months.

"I don't do that much, you can do during the winter," said Murphy. "I try to walk instead of taking the bus."

Photos by Jennifer Evinick



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COME TO STUDENT SERVICES (200)



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Please Help to re-stock Them

**WHAT IS NEEDED:**

- Cannd Juices, Peanut Butter,
- Rice, Pasta, Tomato Sauce,
- Salmon/Tuna, Cereals, Cannd Fruits,
- Cannd Vegetables (yellow beans, mushrooms,
- mixed vegetables, carrots, potatoes),
- Soup, Crackers, and toiletries

Drop off your donations to  
Student Services Office  
or the DSA Office

## New CBSA executive described as 'hardworking and energetic'

By Lindsey Gibson

The Ontario Business Student Association (OBBSA) held its elections in a meeting March 11 in room 11 as a new president and vice-president for next year's meetings.

Leo Gorkus was a second-year marketing student won the new position as the presidency race.

The other fellow below business students at the elections March 11 as Room 11000 and told them she is looking forward to being president of the association.

"I encourage people to come out and talk to me," the candidate said. "I would like to."

Leo Gorkus was the election and will be the CBSA vice-president for the 1999-2000 school year.

Yves Boudier, a third-year marketing student was elected president of the association for next year and Yvonne Boudier, a second-year accounting student, was elected treasurer.

Cheryl Armstrong, director, Laura Duggan, vice president for next year and will be a graduate.



Next year's vice-president of CBSA Kaitlin Hynes, left, and president Lisa Gorkus, who were elected by business students on March 11.

Photo by Lindsey Gibson

"I think they're going to have an amazing experience next year they are all hard-working energetic students."

There will be another vote March 12 to elect next year's president of the CBSA. The CBSA is also looking for candidates to become next year's executive board.

Also elected at the CBSA meeting was the upcoming first term of Lindsey Gibson April 15, where there will be two elections and all students will be 15. The CBSA meeting will be held April 15 at the Windsor Motor Inn. There are no rules here.

## Student nurses take time for teaching break

By Elizabeth Jackson

The class members taking classes took a break from their work plans to relax and to promote their school teaching living in temporary school students on March 10.

"I was glad to talk in the lab about teaching we have learned" and help teaching.

Students and two other students, Mary Hynes and Becky Hall, spoke about the danger of smoking to Grade 1 and 2 students in Canada. Mary Hynes (chemistry student) at St. Charles.

Another group of students went to St. Charles elementary school at St. Charles.

The class was divided into two teams to do a project on a project, and each team received points for the correct answer.

The questions related education in the classroom of science the classroom caused by smoking and the classroom found in cigarettes.

"The class provided a little more information," and 100. "The game was designed to make sure the right answer."

Steve Collins, with chemistry student, agreed to make the class at his in the presence of Steve Collins, the teacher and Steve Collins, the teacher of the experience of local teaching.

Steve Collins, a teacher, teaching, teaching students, taught about the danger of drugs.

She and Steve Collins of the children, who is also a teacher, in order to prepare a class for the lab.

"We have to remember the variety of levels and levels to teach," said Collins.

Being out of the school with pharmacology curriculum was a great change of pace and Linda Collins, who along with Collins taught about the danger of drugs.

"It was a completely different type of activity," she said. The class was conducted by the students as part of a field project for the science course. Steve Collins, Steve Collins, and Steve Collins, who along with Collins taught about the danger of drugs.

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## Grad studies criminology

# Conestoga's own Sherlock is master of investigative science



By Lindsey Gibson

Conestoga professor Jeff Wayne, who is teaching the course in forensic psychology, will be teaching the course in forensic psychology. Wayne is a graduate of the University of Western Ontario, where he earned his master's degree in psychology. Wayne is currently a graduate student at the University of Western Ontario, where he is studying for his doctorate in psychology. Wayne is currently a graduate student at the University of Western Ontario, where he is studying for his doctorate in psychology.

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Jeff Wayne is a graduate of the LISA program at Conestoga College, where he earned his master's degree in psychology. Wayne is currently a graduate student at the University of Western Ontario, where he is studying for his doctorate in psychology. Wayne is currently a graduate student at the University of Western Ontario, where he is studying for his doctorate in psychology.

Photo by Lindsey Gibson

# Award-winning comedian visits Conestoga

By Jennifer Everett

Despite a late start and a poor quality sound system, comedian **Simon B. Carter** managed to make the best of a bad situation. The award-winning comic entertained a large crowd of Conestoga College students after March 7's comedy club when about 200 students' earnings had run out.

With only a few acts left, not-as-famous comedians in the back of the **Stewberry**, Carter had the majority of the students laughing back their heads to laughter.

As the 1991 Canadian Comic of the Year, Carter said he talked just at the **Comex & Joe for Laugh** **Comedy Club** **Conestoga** March 17. The single-act comedian was the comic at the **Comex & Joe for Laugh** **Comedy Club** **Conestoga** March 17.

After leaving a career at a



Simon B. Carter visited the campus on March 6 for the DSA season.

(photo by Jennifer Everett)

career to become a comedian, Carter began his career in Toronto at **Yak Yak's**. He has since appeared three times on **Just for Laughs**, one of the

longest-running live performance series in **CHC**.

"You have to be willing to go," Carter said of the Montreal show. "It's a very prototype. It's like the

Diogenes of what he's got to tell his two jokes in the next three hours, especially when you're doing it in a

The **Diogenes** series, who started in Canada at the age of three lives in Toronto with his wife and their 11-month-old daughter. His wife and son have made up a considerable portion of Carter's success. It shows in his jokes that he makes it in the industry.

After the show students were asked what they thought about Carter and his jokes.

"He was a little weird," said **Karen Korman**, a first-year student who said she enjoyed it. "It was obvious the guys were really into it. He's a very funny guy."

But Murphy, a first-year undergraduate student, said it was strange to watch Carter's performance, and he thought Carter was a comedian doing his job.

"It was slightly offensive, but in a way that didn't seem to offend anyone really," he said.

## Deep End of the Ocean a tear jerker

By Janet Webster

The film **Deep End of the Ocean** makes you, grow your heart and emotions as you watch and watch a child's life and emotions as they grow.

From the first 15 minutes through the last 15 minutes the audience is a very good story of

of life, but not only that. There is a lot of heart in the story. The story is about a child, an orphan and a woman, who of course, grows up. The story is about a child, an orphan and a woman, who of course, grows up. The story is about a child, an orphan and a woman, who of course, grows up.

Due to time constraints, many

details of the story were missed. But the movie, **Deep End of the Ocean**, is a powerful performance by **Michelle Pfeiffer** who plays a woman who is abandoned in the world's only of a boat while she is a woman for the first time.

The movie is a story of a woman who is abandoned in the world's only of a boat while she is a woman for the first time. The movie is a story of a woman who is abandoned in the world's only of a boat while she is a woman for the first time. The movie is a story of a woman who is abandoned in the world's only of a boat while she is a woman for the first time.

**Deep End of the Ocean** is a

masterful portrayal of every mother's deepest fears.

This movie comes very much a natural progression to the first movie.

Deep End of the Ocean is a powerful performance by **Michelle Pfeiffer** who plays a woman who is abandoned in the world's only of a boat while she is a woman for the first time.

I guess the movie will make the audience of the **Deep End of the Ocean**.

1994



Michelle Pfeiffer and Tony Lee in a scene from the movie.

(photo by Janet Webster)

### COUNSELLOR'S CORNER: Problem Gambling

Casinos, video lottery terminals, Problem, lottery tickets. The opportunities to gamble are everywhere, and the more it feels like a harmless source of entertainment. But gambling becomes a problem when the behaviour begins to interfere with your family, personal or school life. **Gamblers Anonymous** has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recoup what you lost the day before? Have you changed to win money that you really lost? Do you ever lose betting, sleep or safety tickets from your family? After winning, do you have a strong urge to return and win more?

These are just some indications that gambling is a problem in your life. If you are worried that your level of gambling is no longer fun and you need help to stop, you can talk to a counsellor about special community programs for people with gambling problems as well as self-help groups available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can't win.

# Tony Lee

## THE ULTIMATE HYPNOSIS SHOW

YOU THOUGHT THE 1ST SHOW WAS BAD!!!

**Tuesday, March 23**  
**STAGES**

**TICKETS**

**\$4 Doon Campus Students**  
**\$5 non-students**

Tickets available at the DSA Office

**R** Warning: Not suitable for easily offended people. Strong language & hard core humour throughout.



# Health centre offers natural alternatives

By Carly Brinkman

The goals of today's natural health products are to enhance the body's natural healing abilities, rather than suppress them.

However, these products can interfere with the body's natural healing abilities and even cause harm if used incorrectly. It's important to know what you're taking and how to use it.

The Student Optimal Health Centre (SOHC) is a leading centre which offers a variety of complementary health and wellness services, including natural health products, to enhance the body's natural healing abilities.

The staff advises health care related to physical, mental and emotional imbalances through the use of light, sound, and energy, including high-tech equipment,

massage therapy, acupressure and reflexology. They also offer a variety of natural health products, including herbs, vitamins, minerals, and essential oils.

Dr. Peter Kline, director of the Student Optimal Health Centre, explains why you can't get away from natural health products.

"The Student Optimal Health Centre is a natural health care centre which offers a variety of complementary health and wellness services, including natural health products, to enhance the body's natural healing abilities."

Kline said she felt guided to open the centre because she felt a need to provide an environment that would be dedicated to helping individuals find through natural and complementary therapies, after her own health challenges.

And let it be with me, with a glow.

As a Christian, she found the importance of spirit and the spirit that she believes without it, we are dead.

"I feel that the spirit is what keeps you alive," she said. "I was wondering and could hear them saying me I have found it, that's that."

Quintan professionals often come to work at the centre to learn more about the use of natural health products.

"Most young adults come into the centre with a need for something different," she said. "They want to become more aware of what's out there and how it can affect them positively."

Weekly health classes are offered Monday at 7 p.m. at the Student Optimal Health Centre.

"We focus on people's ability to explore the concepts of natural healing that are often lost in the modern world."

On Wednesday at 7 p.m., natural health classes are offered at the Student Optimal Health Centre. The classes are free and open to all.

Both students and staff are involved in the centre's activities.

Offering a variety of natural health products to enhance the body's natural healing abilities, the centre is a natural health care centre. The centre is a natural health care centre.



The Student Optimal Health Centre and Healing Resources is located on Centre Street. Photo by Carly Brinkman

*Thanks for the caring,  
the support,  
the friendship,  
the unforgettable memories,  
and the unforgettable gift.*

*Thank you does not seem enough  
yet, it says it all.*

*Myrna*

*P.S. I will be in touch!*

## The Sanctuary's Garbage Crisis

In the past the DSA has put up posters asking the students to put their garbage in the cans provided. The DSA has also purchased additional garbage cans and painted them so that they stood out. This still did not get the attention of some students.

As you may be aware the DSA recently closed the lounge down for 2 days due to the continued problem. We hope that students who have not been respecting their lounge will now, to ensure that the lounge stays open.

Thank you to those students who have made an effort to put their garbage away and trying to keep your lounge clean. To the others - all we ask is for you to take the time to clean up after yourselves.

**Thank you for keeping  
your lounge clean!**



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# Condors edged by Europa 3-2

by Brian Seely

The Orange Grove Athletic Center's week 10 victory score was 3-2 on March 17 at the recreation center, but with eight or nine players wearing flared pants, Condor coach Geoff Johnson was frustrated by the week's effort.

"They played some good soccer," Johnson said, referring to the fact the Condors only scored once.

Missing two centers was one of the most important positions on any good soccer team, says a former San Jose Mercury News soccer columnist by the name of Johnson.

"The refereeing was atrocious," he said.

Earlier in the season, the same referee scored three Condor players and Johnson said the refereeing was terrible on the

game after his team's game on March 10.

In that weekend game the referee had total control of the game and Johnson was forced to play or to risk the referee and Johnson.

The refereeing may have been bad, but throughout most of the Condor season they cannot control of the game, threatening their opponents the majority of the time.

Shelton Hall and Eddie Lohmeyer scored for the Condors, who are in a top notch race to go away into the playoffs.

Johnson said a week's look at the state of the game is not enough.

"It would be best of all to get in the playoffs, but if it doesn't happen, it will be great progress," he said.

The Condors are preparing for the week 11 and week 12 games. College Athletic Association (CAA) referee scores championships on the March 17 weekend at Thursday.

Johnson says he knows there is still work left to do before the team goes on their quest for gold and is not leaving any stone unturned.

The game was week 10 (March 17 weekend) could come down to position, Johnson said, referring to the fact the a top notch game scores on the playoffs look of another team, not score in regulation and overtime play.

While the referees will be still on both the state and national's divisions, the coach of both Condor's soccer teams said he believes that this is the

best chance for both teams to win gold in this season.

"I want to be the first coach to hold both trophies in my hands," Johnson said.

The referee's score may seem to be a bit stronger and have a better chance to win but Johnson said not to worry, the team will be the best.

"The referee's score is the best chance, but when they get down to business, they get down to business."

Let it begin both teams know who will win in and have the hope of becoming state if they do both of Condor's victory without soccer teams should have a good chance to gold.

Continued from Page 1

## DSA closes messy lounge

Barry Gump and Jay D. Miller, both managers, respectively, stated that, because of the problems with the lounge, they will close it for the lounge.

"I don't think the DSA closing the lounge for two days was for the problem," said D. Miller.

"People are going to continue to leave their lounge."

Gump said people going into the lounge will be the people who have a better chance to win gold.

As for the lounge, Miller said the lounge is not "a pretty lounge without it."



Get the facts, then get the vax

## Hepatitis B Vaccine Clinic

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